



Cooking Made Easy

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Spiced Moroccan Lentil and Chickpea Soup

They say you can lead a camel to water but you can't make him drink. We're pretty sure if you led him to this steaming bowl of Moroccan soup, you wouldn't have a problem! This recipe is inspired by Head Chef Patrick's recent trip to the Atlas Mountains where he spent time with the nomadic Berbers. Check out the video of his adventure on our blog!

30 mins

veggie



Red Onion



Organic Chickpeas



Coriander



Ground Cumin



Ground Cloves



Smoked Sweet Paprika



Organic Chopped Tomatoes



Tomato Purée



Vegetable Stock Pot



Red Split Lentils



Wholemeal Pita



Greek Yoghurt

Ingredients

	2P	4P
Red Onion, sliced	1	2
Organic Chickpeas	1 tin	2 tins
Coriander, chopped	3 tbsp	5 tbsp
Ground Cumin	¾ tsp	1½ tsp
Ground Cloves	¼ tsp	½ tsp
Smoked Sweet Paprika	1 tsp	2 tsp
Organic Chopped Tomatoes	1 tin	2 tins
Tomato Purée	1 tbsp	2 tbsp
Vegetable Stock Pot 1	1	2
Red Split Lentils	½ cup	1 cup
Wholemeal Pita 2	2	4
Greek Yoghurt 3	2 tbsp	4 tbsp

Nutrition per serving: Calories: 603 kcal | Protein: 31 g | Carbs: 113 g | Fat: 11 g | Saturated Fat: 4 g

🌱 May feature in another recipe

🌱 Our produce comes fresh from the farm so give it a little wash before using

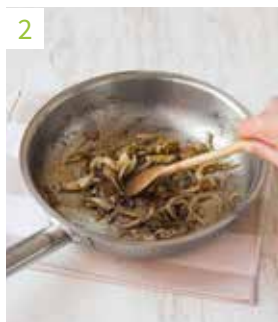
Allergens

1) Celery | 2) Gluten

3) Milk



1 Boil 500ml of water. Peel the onion, cut in half lengthways through the root and thinly slice. Drain and rinse the chickpeas. Roughly chop the coriander separating the stalks and the leaves.



2 Heat 1 tbsp of oil in a pan on medium-low heat and add the ground cumin, ground cloves and smoked sweet paprika. After 1 minute, add the onions and cook for 5 mins until soft. Add the chopped coriander stalks for 1 minute. Season with ¼ tsp of salt.



3 Add the tinned tomatoes and the tomato purée. Add the 500ml of water together with the stock pot.



4 Rinse the red lentils thoroughly under running water for a minute. Add them to the soup and bubble away for 10 mins.

5 Add the chickpeas and half the coriander leaves and cook for another 10 mins.

6 Once the soup has thickened up, taste for seasoning and add salt if needed. *Tip: Patrick adds a bit of Tabasco to his to spice things up!* Meanwhile, toast the pita bread.

7 Serve the soup into bowls with fresh coriander on top. Dollop on some Greek yoghurt and serve.